

Hello World!

Is Everything Alright?

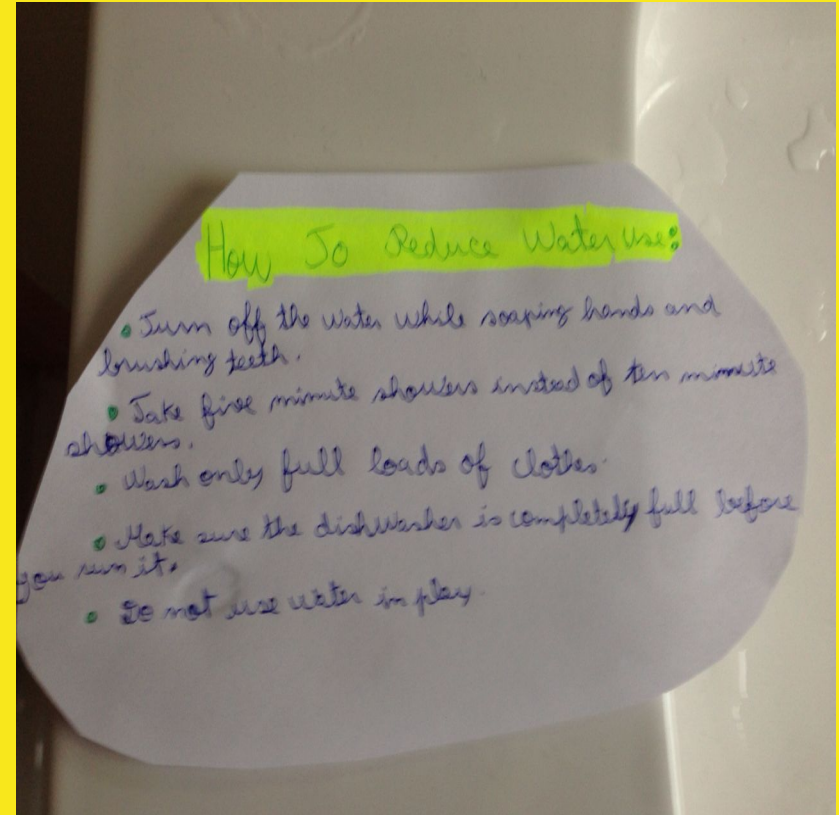
**Together we can change the world and
make it a better place ...**



In this publication we are sharing with you the small actions that the pupils of class 9B from Agrupamento de escolas de Sátão have accomplished to act upon problems of their community. Thank you dear partners for your inspiration and collaboration in this project

Hugo Santos's small act of kindness

My act of kindness consisted in creating a poster presenting solutions to reduce water usage when we take a shower, brush the teeth and wash our hands. When people observed my poster, they showed support to the cause.- Describe o teu poster.... With this action I wanted to call people's awareness to the need to save water and I believe that some people will think twice when opening the tap. I am sure they will try to waste as less as possible. With this act of kindness I felt happy and with the feeling that I was making the good action.



Inês Rodrigues's small act of kindness

My act of kindness consisted in giving five hugs to people I saw. I was at my grandparents' house on twenty-eighth of February and I gave five hugs to my grandparents, my two aunts and the last one to my father, when he arrived home. My mother helped me to record the act of kindness that was assigned to me. With this small action, I gave loving and sweet hugs and my family paid me back. While I was giving, these hugs I felt so happy and proud to have this wonderful family because they help me providing everything I need.



Joana Pinto's small act of kindness

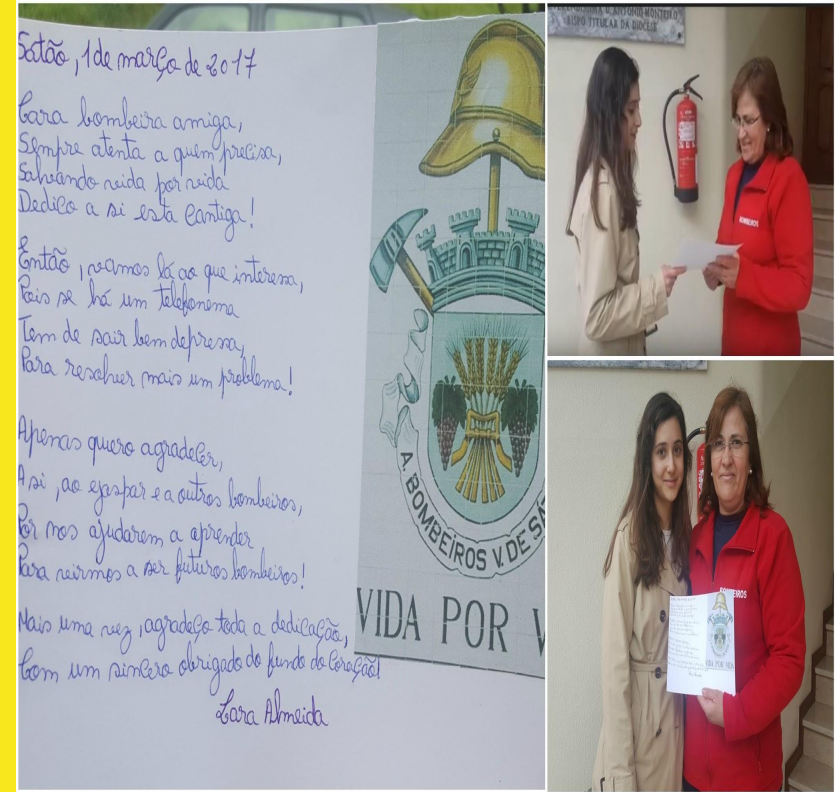
My act of kindness consisted in leaving a flower on someone's door, knocking at the door and running away from there, and of course see people's reaction. In this case I left the flower on a door of a stranger who lives in my village. In the afternoon I discovered that the person is a little girl. With this small action I made the day of this girl different I think. When she saw the flower she smiled and told her mother what happened.

While I was doing the action I felt happy because it's funny to do this type of things. At the end I knocked again on the door and I explained what the intention was.



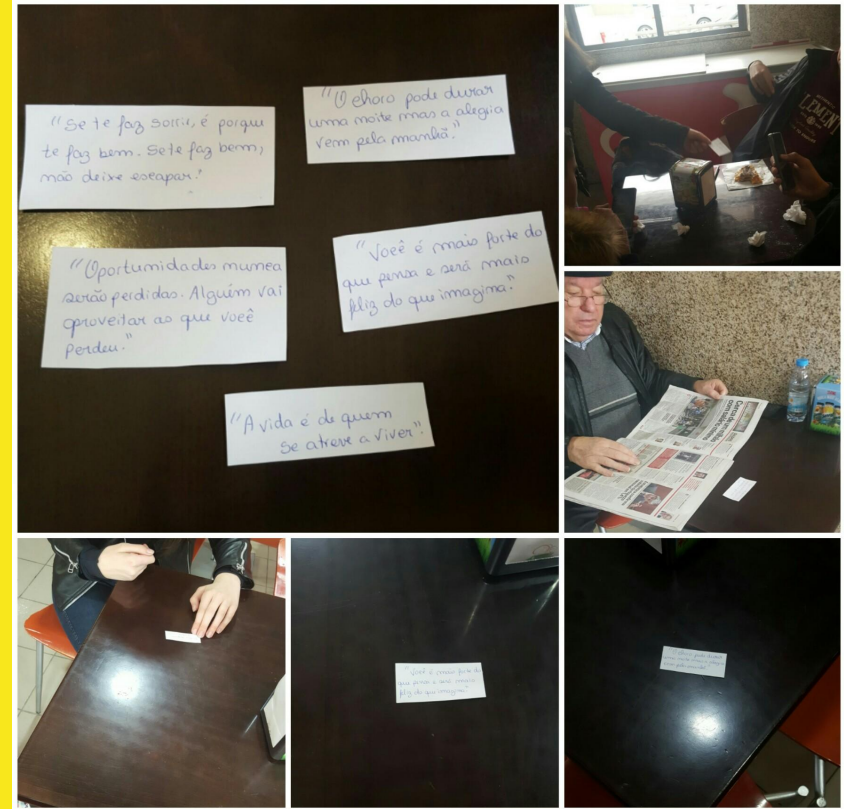
Lara Almeida's small act of kindness

My act of kindness consisted in writing a poem, a song or a note to a person that is very special to me. Therefore on first of March I decided to give a poem to a firefighter whose name is Maria. I gave this poem in the fire station of Sátão and I wanted to thank her for her dedication. With this small action I made this firefighter feel thankful and motivated, because all the dedication with what she works and volunteers has been recognized. While I was giving the poem I felt that what I did was worth it, because she was really grateful for it and I felt helpful.



Laura Marques's small act of kindness

My act of kindness consisted in writing positive messages to people in a café last Wednesday afternoon. My friend came with me to help me carry out this mission. With this small action I saw that people were very happy and cheerful because it's not every day that people do this kind of action. They were also grateful for my kindness. While I was sitting to see the reaction of people I felt very joyful, because I was able to make people feel happy because of my action.

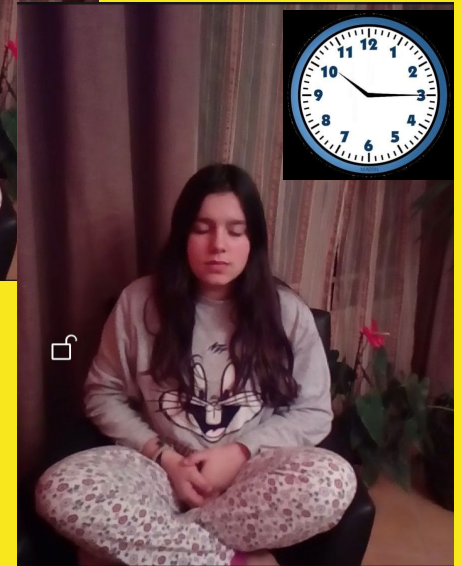
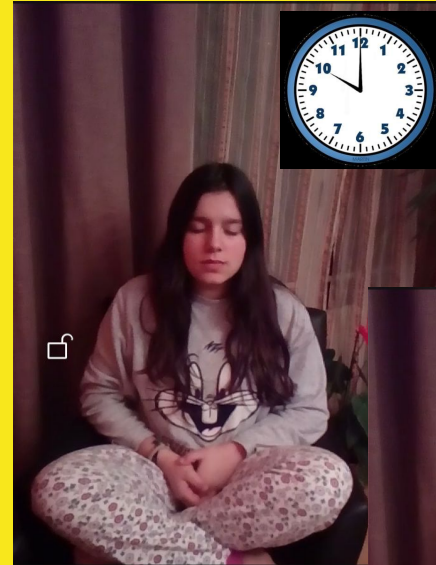


Madalena Santos's small act of kindness

My act of kindness consisted in staying in silence and keeping my eyes closed during fifty minutes. This action was made on the sofa of my living room, during carnival vacations, on the twenty-eighth day of February, at night.

With this small action I learned that people need to take time in quietness to think about the things they have to do, or an attitude they have to take to resolve a problem.

While I was doing the action I thought about the good things that life has to offer and how we should seize all the opportunities given, I felt that we should be happy and think about things that do us good.



Maria Costa's small act of kindness

My act of kindness consisted in planting a fruit tree. It happened on twenty-ninth of February in the afternoon at two o'clock, in the flower bed of my house, where I dug the earth to prepare the place to put the tree. After that I put the tree in the hole and covered it. In the end I watered it and I performed this act alone because no one else was needed.

With this small action I made another tree grow, a tree that will grow fruit one day and the day that will happen I can give the fruit to my neighbors.

While I was planting the tree I felt good because I made nature grow richer.



Mariana Ferreira's small act of kindness

My act of kindness consisted in helping people who seemed to be alone and have few friends.

I met an elderly person who was alone in the municipal garden and I started talking to her and I made her company. With this small action I made an elderly feel less lonely and she had a smile in her face. While I was with an elderly I felt very well because I love helping others, I don't like to see people alone and overall I think that I made the day of a person happier.



Mariana Almeida's small act of kindness

My act of kindness consisted in leaving flowers on a doorstep. I decided put flowers on my doorstep to surprise my mother. I went with my brother to the florist and we bought one orchid which is my mother's favourite flower and the same flower that she had in her wedding bouquet.

With this small action, my mother was very happy and thankful. While I was doing the action I felt happiness, love and I showed how thankful was for the mother I have.



Pedro Amaral's small act of kindness

My act of kindness consisted in learning a statement of gratitude in another language and sharing it with a person who has helped me in any way. With this small act I felt happy because Hugo helped me with a History work by finding websites with useful information and he helped me organize the work to send it to the History teacher. While I was sending the message to Hugo I felt happy because he spent his time to help me and I got a good grade for that and I'm grateful by this.



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para HUGO ▾

Danke für die Hilfe in der Arbeit Geschichte

Thanks for the help in the History work.

Ricardo Cardoso's small act of kindness

my act of kindness consisted in giving balloons to children in the park. I did it a week ago in the municipal garden. I gave a total of seven balloons to little boys and girls who were celebrating Carnival. With this small action I made seven children happier. All of them started playing and laughing with the colourful balloons I gave them. While I was watching them playing I felt joy and happiness because I have made those children Carnival a little bit funnier.



Tatiana Campos's small act of kindness

My act of kindness consisted in giving help to the veterinary clinic. On 24th February, I went to the veterinary clinic of Sátão and I helped taking care of animals. I brushed the fur of Lucky, a beautiful and funny dog! I walked to the garden with some dogs and I fed Tommy, a quiet and fat cat which I love! My friend Lara and the veterinary nurse helped me to record-the video! With my action, I spread joy among the animals. While I was doing this action, I felt happy because I love animals and I helping very much!

